

Yet the plan of the house, its convenience of arrangement, the adequacy of its heating and ventilating arrangements, the dryness of its location, have so real and definite an effect upon the health of its inmates that neither the householder, the nurse, nor the physician can afford to be ignorant of this branch of household science.

That part of the subject which has its most immediate application in our daily living, and in which the nurse will be most often looked to for advice and help, is included under the "Maintenance of the Home." This constitutes what we generally think of as "housekeeping." Even this is not so simple as it seems. The writer who said that "any bright girl could learn all there was of housekeeping in six weeks" certainly did not realize that the housekeeping of to-day, in its possibilities, requires far more knowledge than was available a generation ago. We may, indeed, do the actual work of the house well with no knowledge of chemistry or physics or bacteriology, but, after all, someone must make the application of these fundamental sciences to housekeeping and give the results to others. We may learn the details of housework, but we cannot learn "all there is about housekeeping" in six weeks, or six months, and some of us would be inclined to add, or six years.

In this series of articles we propose to discuss some of the housekeeping problems of to-day in the light of modern science.

(To be continued.)

THE TRAINING OF NURSE-MAIDS *

By N. E. NAIGHT

Children's Free Hospital, Detroit, Mich.

THE object of this paper is to present a brief synopsis of the history of the Children's Free Hospital of Detroit, and in connection with it I especially desire to bring before you the subject of training of nursery-maids as a branch of our hospital work.

The Children's Free Hospital was organized December, 1886, and incorporated January, 1887. The object, as set forth in the articles of incorporation, is "to care and provide for sick and suffering children, under twelve years of age, whose parents or friends may be unable or unwilling to care for them, and to furnish such medical and surgical aid as they may require."

* Read at the ninth annual meeting of the American Society of Superintendents of Training-Schools for Nurses, at Detroit, September 9-11.

Twelve beds were originally donated and support for them promised. Through the kindness of the trustees of Harper Hospital a ward was set apart for the use of the association. As the work progressed additional beds and rooms were provided, and from this small beginning the present institution developed.

In 1891 the work of the Children's Hospital had increased to an extent demanding larger accommodations and a house was rented on West Fort Street, where the work was carried on, each year finding the amount of good accomplished greater than during the one preceding.

The late Hiram W. Walker in 1896 presented to the association the magnificent hospital building, which he had erected in loving memory of his daughter, Jennie Walker. This building now stands as a monument, not only to the memory of a child loved and lost, but to perpetuate the memory of a man whose whole life was filled with acts of love and charity.

Here the association has found its permanent home. The number of beds has increased to sixty, and the indications are that a further increase will be necessary. Since the beginning three thousand four hundred and ninety children have been received into the hospital and cared for.

The hospital is absolutely non-sectarian.

In June, 1896, the first class for the training of nursery-maids was organized. The requirements call for young women between the ages of eighteen and thirty years—those over twenty preferred, as more thoughtful and capable of better work—who have a good common-school education, good health, and letters of reference relative to the moral character of the applicant.

A term of six-months' training was first decided upon, but after trial was found to be too short for practical purposes, and in 1901 the term was extended to one of nine months. This seems to better meet the needs of both the hospital and pupil, and has proven more satisfactory to both.

The schedule of instruction embraces the following:

1. *Infant Feeding*.—The care of milk; milk sterilization; care of bottles; preparation of food, with rules as to quantity and frequency.
2. *Bathing*.—Daily bath; the use of hot, cold, and mustard baths.
3. *Hygiene of the Skin*.—Care of mouth, eyes, ears, and nose.
4. *Nursery Hygiene*.—Ventilation, temperature, cleanliness, care of napkins, etc.
5. Training of children in proper bodily habits.
6. *Miscellaneous*.—Use of clinical thermometer; making of poultices and cotton jackets; giving of enemata.

7. Simple means of treatment in nursery emergencies.

8. The rudiments of kindergarten work.

At the end of nine months, if satisfactory examination is passed, the nurse-maid receives a certificate. She is then ready to go from the hospital among families, and is capable of assuming a position of trust in caring for young infants or in taking charge of older children.

We have no hesitancy in pronouncing the training-school for nursery-maids a success. It has proven itself. Our greatest difficulty in the work is to procure the right class of pupils, *i.e.*, young women above the average servant class, who appreciate the dignity of labor and comprehend that it is the individual that gives character to the work rather than the work to the individual.

The position of trained nurse-maid is one of responsibility. To the young mother she proves of inestimable value, rendering conscientious and capable service, and bringing to inexperience a feeling of relief and assurance which it is difficult to measure by mere words and can only be expressed from the fulness of a heart overburdened with unusual care.

A children's hospital furnishes the opportunity for a nurse-maid to gain knowledge of this work. In caring for many young infants the nurse-maid secures varied experience. She is taught hygienic methods of feeding and caring for young children. She is taught to distinguish health from disease and to care intelligently for children through mild contagious diseases incident to childhood, and becomes familiar with the symptoms of diseases incident to the babyhood period. She is, while in the hospital, under the supervision of a trained nurse, who explains to her, as far as necessary, the care of sick children, and though the giving of medicine is outside the province of a nurse-maid, she will be able to give a simple mixture specially ordered. In the care of older children her experience is valuable. Having been specially trained in the observance of rules of discipline adds to her capacity of understanding and managing child nature.

The trained nurse-maid does not at any time conflict with or usurp the position of the trained nurse. She has her own sphere to fill, and to it we gladly welcome her.

The demand for the service of trained nurse-maids far exceeds the supply. Nearly all our nurse-maids secure engagements before they leave the hospital work.

The twentieth century heralds an era of progress along all lines of work, and the trained nurse-maid is ready to take her place among the skilled workers. The time demands our best efforts, and those specially prepared to fill that demand will take foremost place.